

RAGDA

Serves: 2

Time to cook including preparation: minutes 20

Ingredients:

1tbl Olive oil

390g tin tomatoes

1tsp Sesame seed

1 tsp Ginger paste

$\frac{1}{2}$ tsp Red chili powder

$\frac{1}{2}$ tsp Mustard seeds

$\frac{1}{2}$ tsp Garam masala

400g Tin Chick peas

1 onion

1 tsp of honey

2 Curry leaves

$\frac{1}{2}$ tsp Turmeric powder

2 Bay leaves



Method:

1 - chop your onion into small pieces

2 - add to a frying pan with a table spoon of olive oil and cook for a couple of minutes until onion has softened

3 - Stir in **mustard seed** along with sesame seeds and other **spices** in the recipe ($\frac{1}{2}$ tsp Red chili powder, $\frac{1}{2}$ tsp Turmeric powder, $\frac{1}{2}$ tsp Garam masala)

4 - Add the tablespoon of **ginger paste** and a tablespoon of honey

5 - Now add the tin of drained chickpeas and full tin of tomatoes.

6 - Stir everything together, adding either **curry leaves** or half a teaspoon of **curry powder** and a couple of **bay leaves**.

7 - Leave to simmer for 10-15 minutes stirring occasionally

Your Ragda recipe is now ready to serve Enjoy

Source: www.jeyashriskitchen.com

TIPS & INFORMATION:

- Add potato cakes and or chapattis to serve .The medicinal properties found in the spices in this dish are antibacterial and anti-inflammatory. Chickpeas are a good source of protein